



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Chunky Vegetable & Red Lentil	Vegetable & Barley Broth	Carrot & Coriander	Parsnip & Red Chilli	Lentil
<b>MAIN COURSE</b>	Local Butchers Sausages with Colcannon Mash, Mixed Vegetables & Onion Gravy	Mince Beef & Dumpling with Creamed Potato and Steamed Vegetables	Basil Pesto & Mozzarella Stuffed Chicken Breast with Rosemary & Garlic Roasted New Potatoes and Steamed Vegetables	Hot Roast of the Day with Traditional Trimmings	North Shields Hand Battered Haddock Fillet with Chips & Mushy Peas
<b>VEGETARIAN</b>	3 Bean Chilli Burrito Bowl with Steamed Rice, Cheese & Sour Cream	Spinach, Pepper & Mushroom Lasagne with Garlic Bread & Mixed Salad	Green Thai Curry and Steamed Coconut Rice	Tomato & Mozzarella Stuffed Calzone Pocket with Mixed Salad, Garlic & Paprika Roast Potatoes	Singapore Noodles
<b>DESSERT</b>	Chef's Dessert of the Day				

01/07/2019  
22/07/2019  
12/08/2019  
02/09/2019  
23/09/2019  
14/10/2019  
04/11/2019  
25/11/2019

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Farmhouse Broth	Minted Pea	Lentil	Scotch Broth	Chunky Vegetable & Red Lentil
<b>MAIN COURSE</b>	Honey & Peppercorn Crusted Pork Chop with Savoy Cabbage Steamed Carrots and Garlic & Herb Roasted New Potatoes	Cottage Pie with Seasonal Vegetables	Butter Chicken Curry with Steamed Rice, Naan Bread & Cucumber Raita	Hot Roast of the Day with Traditional Trimmings	North Shields Hand Battered Haddock Fillet with Chips & Mushy Peas
<b>VEGETARIAN</b>	Vegetable Bolognese with Garlic Bread & Side Salad	Cheese & Onion Stuffed Potato Shells, BBQ Beans & Coleslaw	Sweet Potato Topped Lentil Pie with Mixed Vegetables	Roast Vegetable Crumble	Mexican Bean Stuffed Tortilla Parcels
<b>DESSERT</b>	Chef's Dessert of the Day				

08/07/2019  
29/07/2019  
19/08/2019  
09/09/2019  
30/09/2019  
21/10/2019  
11/11/2019

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP</b>	Lentil	Country Broth	Vegetable & Barley Broth	Carrot & Coriander	Chunky Vegetable
<b>MAIN COURSE</b>	Hunters Chicken, Potato Wedges, Broccoli and Sweetcorn	Beef Lasagne with Garlic Bread & Mixed Salad	Pork & Mushroom Hotpot with Steamed Carrots & Green Beans	Hot Roast of the Day with Traditional Trimmings	North Shields Hand Battered Haddock Fillet with Chips & Mushy Peas
<b>VEGETARIAN</b>	Butternut Squash & Sweet Potato Curry with Steamed Rice	Cauliflower cheese & Leek Puff Pastry Tart with Steamed Vegetables	Mediterranean Vegetable Pasta Bake with Garlic Bread	Vegetable Chow Mein	Pea, Mint & Feta Frittata with Green Salad & Potato Wedges
<b>DESSERT</b>	Chef's Dessert of the Day				

15/07/2019  
05/08/2019  
26/08/2019  
16/09/2019  
07/10/2019  
28/10/2019  
18/11/2019